

## **Project Overview**

This WorldSkills competition task reflects three units of competency from the Hospitality Training Package SIT07. The task will be part of your assessment for **Organise and Prepare Food**, **Use basic Methods of Cookery** and **Present Food**.

**Duration:** You will be given **4 hours** to prepare, cook and present the dishes outlined below.

Your teacher will inform you of further assessment activities if necessary.

A briefing of the competition procedures will be given on the day of competition by the Assessor / Judge including:

- Numbering of students, ovens and gas burners, refrigerators and presentation area
- Allocation of ovens and gas burners, benches, refrigerators and presentation area
- Presentation / serving times and details
- Marking scale outline

## **Skills List**

The following **skills will** be assessed:

- logical and time-efficient work flow (you will need to complete a detailed workflow for this task)
- knife handling techniques
- cutting techniques for foods as required for menu items
- hygienic handling of food and equipment according to local, state or territory and national regulatory requirements
- safe work practices according to OHS principles and procedures, particularly with regard to using knives, bending and lifting, using cutting implements, appliances, heated surfaces and other equipment that carries a risk of burns and environmental considerations in relations to different cookery methods
- waste minimisation techniques and environmental considerations in relation to food preparation
- problem-solving skills to deal with minor problems, such as shortages of ingredients
- literacy skills to read recipes, menus, instructions and orders
- numeracy skills to calculate portions, and weight and measure quantities of ingredients
- use and characteristics of a range of equipment used for the required methods of cookery
- ability to work within a team (you will be sharing some equipment)



## **Dishes**

- ❑ Potato, spinach and Ricotta Frittata
- ❑ Duo of Bruschetta - Tomato Concasse & Mushroom Duxelle
- ❑ Rice Pudding with Orange Segments

Prepare and present the dishes using the ingredients provided.

You may choose to vary the recipe and presentation to show creativity.

Mis-en-place will be assessed

### **Potato, spinach and Ricotta Frittata - 2 Portions**

#### **Ingredients**

- 1 Large Desiree Potato - cut into macedoine (8 mm cubes, approximately 60 g)
- 1 Large garlic clove- pasted
  - Medium onion, brunoise (3 mm cubes, approximately 50 g) (keep remainder for Duxelle)
- 50g English spinach leaf, chiffonade (2 mm strips)
- 100g Ricotta, drained
- 4 Eggs lightly beaten
- 50g Cheddar cheese
- 20ml Oil

#### **Method**

1. Place the potato in a saucepan of lightly salted water and bring to the boil. Cook until just tender. Drain well.
2. Heat the oil in a non-stick frying pan. Add ½ the garlic paste and ½ the onion and stir over medium heat until the onion begins to soften.
3. Add the spinach and toss until the spinach has wilted. Stir through the cooked potato and remove from the heat.
4. Whisk the ricotta until smooth and gradually add the beaten egg. Season with salt and pepper.
5. Pour the mixture over the vegetables in the pan, swirl the pan to distribute the egg mixture evenly. Sprinkle the cheddar cheese over the top. Finish cooking on top of the stove or in the oven until the eggs are set.
6. Slide the frittata out of the pan and onto a plate, cheese side up and cut into wedges.  
Serve hot. Garnish as appropriate.

## **Duo of Bruschetta - 2 Portions**

### **Ingredients**

¼ Loaf White Bread- Unsliced

50g Butter

#### **Tomato Concasse**

4 Ripe Tomatoes

#### **Mushroom Duxelle**

25g Onion Brunoise

20g Butter

100g Button Mushrooms

### **Method**

#### **Concasse**

1. Bring small pot water to boil.
2. Remove eye from tomato and criss cross bottom
3. Plunge briefly in the boiling water and immediately refresh in iced water
4. Remove skin and seeds from tomato and cut flesh into 1cm dice
5. Place concasse on the bread and season, grill to warm and garnish to serve

#### **Duxelle**

1. Finely chop mushrooms
2. Sweat onion in butter until soft
3. Add mushrooms and cook until juices have evaporated and mixture is dry
4. Season to taste
5. Spread duxelle on the bread, grill to warm and garnish to serve

**Rice Pudding with Orange Segments - 4 Portions - Present Only 2 Portions**

**Ingredients**

500ml Milk  
300ml Cream  
110g Short Grain Rice  
100g Caster sugar  
1/2 Vanilla bean, split, seeds scraped  
½ Zest Orange  
1 Egg yolks

**Method**

1. Preheat oven to 160°C
2. Combine milk, cream, rice, sugar, vanilla bean and seeds, and zest in a medium saucepan.
3. Cook over medium heat, stirring occasionally, for 5 minutes or until it reaches a simmer. Cover with cartouche and lid.
4. Bake in oven for 40 minutes or until rice is tender
5. Allow to cool slightly before adding the eggs. Serve 2 portions and decorate with orange segments.